

VOICE OF THE RESIDENTS

VOL. XVI, No. 10

BROADMEAD, COCKEYSVILLE, MD

JUNE, 1995

2,500 PLANTS AND A MAY QUEEN

by Marjorie F. Scott

Beautification Day was bright and sunny. Under the expert leadership of Resident Mary Louise Hibline, nearly 100 dwellers organized into eight teams dug, planted, tamped, and watered tender shoots and budding blossoms. David Velasquez of Maintenance led cheerful crewmen Rob Keller, Mike Almony, Chuck Smith, and Steve Spacek who supplied planters with the goods. Marshall Roane cleverly devised means of providing water to areas even remote. Doug Bareis saw to it that workers were rewarded with picnic fare both tasty and satisfying.

Mary Louise was crowned with glory by Rob Keller and was presented a long-handled watering tool for use on her own patio.

Thanks to all!

"REMEMBER WHEN . . ."

Is Thursday, June 22d on your calendar?

We're having a DANCE/PARTY from 7 to 9 p.m. Don't miss it! Lounge and auditorium.

The theme is "Remember When . . .". Have YOU submitted your picture taken prior to 1945? Put it in box Q-4 (Grant) or leave it at the front desk. Be sure your name is on back.

HAPPENINGS: "The Tune Toppers"--live music
Line Dancing for Seniors

Tracey & Harriett demonstrate 90's dances

Demonstration by our Folk Dancers

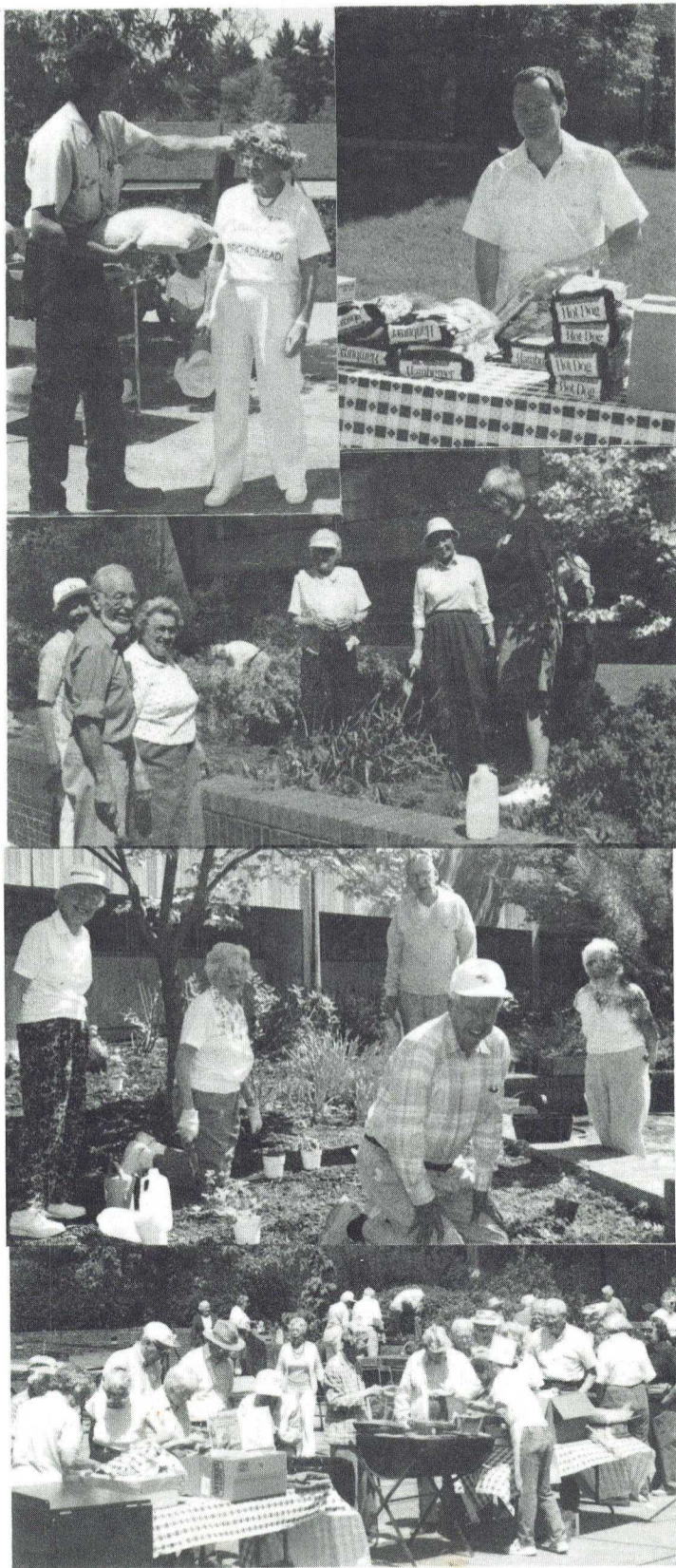
Presentation of our Dining Room servers
in their Prom dresses

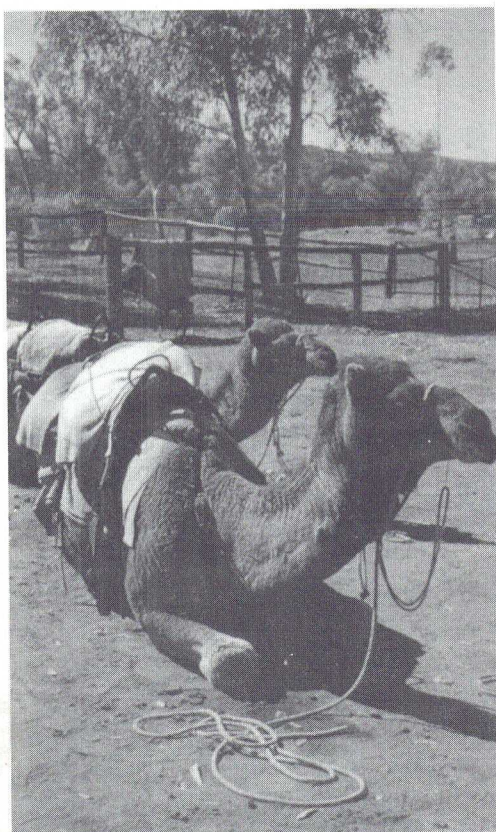
Identification of Resident photos!

Refreshments

We'll be there. Y'all come too.

--Vivian Cord and Nancy Grant





Let me put it to you this way:

*We're tired. It's time for a change.
Look for our replacement in September!*

SATURDAY PROGRAM OFFERINGS

by Dee Whiteford, Chairman
General Program Committee

Saturday, June 10 - 7:15 p.m.

"A Return Visit to Pakistan"

Slides

Cynthia E. Kerman lived in India as a child. She returned under a Fulbright Lectureship in 1975--76. In 1993, she and her family went back to visit scenes of her childhood. You will enjoy her pictures!

Saturday, June 24 - 7:15 p.m.

"Atlantic Vistas--Scenic Wonders of America"

"... from early morning sunlight on the rocky shores of Maine ... to a glowing sunset over the Everglades ... an unforgettable panorama of brilliant autumn leaves, thundering waterfalls, shadowed coves, cypress-filled swamps ..."

VCR

MOVIES ON TUESDAYS AT SEVEN

by Augusta Shackford

6/6 BARCELONA 1994 *1/2**

Two young American cousins with vastly different personalities and values, Ted (Taylor Nichols) and Fred (Chris Eigeman) meet unexpectedly in Barcelona in the early 1980's where Ted is a salesman for an American firm. They politely detest each other, and the sniping begins instantly. They wander about Barcelona but eventually face up to strong anti-American feelings.

6/13 FORREST GUMP (1994) ***

Off-beat fable about a mildly retarded man, played by Tom Hanks, who miraculously survives service in Vietnam, and through the wonders of computer-generated imagery, is seen next to Elvis Presley as well as Presidents from Kennedy to Nixon. Sally Field plays his devoted mother, and Robin Wright is the girl he grew up with.

6/20 THE MORE THE MERRIER 1943 ***

In wartime Washington, a working girl (Jean Arthur) finds herself sharing her small apartment with two men (Charles Coburn and Joel McCrea).

6/27 QUIZ SHOW 1994 *1/2**

Directed by Robert Redford, this chronicles the first big television scandal, the NBC program "21" of the 1950s: the competition between Herbrt Stempel (John Turturro), a plebeian from Queens, and Mark Van Doren (Ralph Fiennes), an attractive young instructor at Columbia who agreed to appear as a contestant and accept not only the answers but coaching on dramatic techniques. This has been streamlined into something sleek, fascinating, compelling, and--most of all--compassionate.

In Memoriam

BELA L. VISY
March 9, 1922 -- May 10, 1995

VESPERS

Sunday, June 18, 1995

4:30--5:00 p.m.

The Rev. Thomas G. Speers, III
Dickey Memorial Presbyterian Church

HALLOWELL/TAYLOR EVENTS

by Melissa Bartko, Coordinator

Wednesday, June 7, 2:00 p.m.

Fur, Feathers, and Scales
Live Baltimore Zoo animals

Thursday, June 8, 10:30 a.m.

Baltimore History lecture by
Donna Drigan

Wednesday, June 14, 3:00 p.m.

Maryland Historical Society
Speaker with slides

Monday, June 19, 2:00 p.m.

Poetry and literature with
David Foster

Wednesday, June 28, 3:00 p.m.

Mr. Jack Meckler:
"Hooray for Hollywood"--about
famous actors

CONCERTS IN THE LOUNGE

Residents Association Music Committee
by Harry C. Jones, Chairman

Sunday, June 4, 1:45 p.m.

Tenor Geoffrey Parrish accompanies self
at the piano. Old and new songs.

Thursday, June 8, 7:00 p.m.

"Let's Sing!" Mitch Miller tapes?

Sunday, June 25, 1:45 p.m.

Concert sponsored by Doctor Richter
Watch the bulletin board.

THURSDAY OPEN FORUMS 10:30 A.M.

by Julie Metcalf

6/1 Review and Discussion of May 25 talk by
Careen Mayer on "Mediation and Conflict
Resolution." Leader: Sam Legg

6/8 Year's Wrap-up of International,
Domestic, and Economic Issues by Ralph
White, Abe Makofsky, and Bob Sparks.

FOXES AT BROADMEAD

by Julia Fuller

Broadmead has always been a home to the beautiful red fox. For two years they used a den above the perimeter road, but too many human visitors made them move. Foxes live in the open, taking over dens only to raise their young. Unlike most small mammals, foxes stay together after mating, sharing the care of the pups. They enlarge dens dug by other animals such as groundhogs, often leaving a mound of excavated dirt at the entrance. There are two or three main entrances and several small ones. The den is often used for several years and sometimes is used by more than one family.

The male fox is usually just referred to as a fox; the female is called a vixen. The young are called kits, pups, or cubs and are usually born in mid-March. At birth they are brownish-gray in color with a white tail tip. As they grow, they gradually acquire the beautiful color of their parents. This color ranges from yellow to a deep, rusty red. The belly, chest, cheeks, and tail tip, and also the inside of the ears, are white. The outside of the ears, lower legs, prominent nose and the five short rows of whiskers are black. The eyes of the fox are bright yellow with elliptical pupils like a cat's eyes. One tends to visualize the red fox larger than its actual size probably because of its long, silky coat and long, round brush tail which is carried out straight when moving. The average weight is about 9-1/2 pounds. The full length of a male is 38 to 42 inches including the tail. The vixen is slightly smaller.

The fox and vixen have a busy time caring for their young. The fox hunts far afield while the vixen hunts near the den. A large part of the diet is mice and moles when the pups are young. They go on to rabbits, squirrels, and small game. Fruit, berries, apples, and pears are also part of their diet. As the pups grow, their parents urge them farther from the den to hunt on their own.

Open Forum

A strategy for Preventing Infant Mortality in Baltimore

An address by Dr. Bernard Guyer

Why might a discussion of infant mortality hold interest for the Broadmead community? We are a collection of grandparents and great-grandparents and might be thought removed from grief over the loss of a newly-arrived member of the extended family. I believe this is untrue; but furthermore, infant mortality, being heavily rooted in poverty, racial issues, access to health care, and other more clearly recognized direct causes, is strongly related to the basic health of our society.

Doctor Guyer, Chairman of the Department of Maternal Child Hygiene at the Johns Hopkins School of Hygiene and Public Health, comprehensively reviewed the subject beginning with the earliest interest in the late 19th century, continuing to modern approaches to neonatal intensive care and the management of infectious diseases in the first year of life. Early suspicion of environmental issues related to sanitary measures proved unrewarding. Thought then shifted to nutritional factors with the development of artificial formulas and clinics for the care and feeding of infants coupled with measures to provide "safe milk." Public health departments were the font of such care. This, too, proved to be of little impact despite obvious benefit to larger numbers of infants. Research then turned to broad and less-clearly-defined issues of "mothering" wherein underlying problems of poverty and poor health care became increasingly apparent. Obstetrics, a recognized specialty in the latter part of the 19th century, was predominately directed toward the care of the mother with increasing attentiveness by the physician to the late months of pregnancy. It is the early weeks and months of life which are critical to the development of the fetus and its intrinsic

health. In the first trimester, the organs of the fetus appear and reach intact status. Hence early recognition of pregnancy and prompt attention to prenatal care by the physician directed toward nutrition of the mother, and early diagnosis and treatment of emerging problems, is the key to the outcome of pregnancy.

The United States ranks *21st* in international comparisons of infant mortality, with a substantial disparity between the white and black races. The U. S. has not kept up with western countries and Japan where progressive improvement in this mortality has occurred over the past 65 years. Despite being the wealthiest nation in the world, health care has remained a political football which has received on-going examination in the past several years.

It is now clearly recognized that two-thirds of infant mortality is due to prematurity, to inadequate prenatal care, and to problems surrounding the birth of the infant and its care during the first month of life.

Dr. Guyer outlined an attack plan incorporating the following recommendations:

1. *Family Planning*--the spacing of pregnancies to at least 1-1/2 to 2 years and the control of pregnancies in populations where neonatal risks are high.

2. *Reduce the incidence of low-birth-weight babies*--those whose weights fall below five pounds (2,500 Gms.). This entails early detection of pregnancy and the concentration of prenatal care especially during the first trimester. Begin neonatal intensive care immediately at the time of birth and continue until it is safe to discharge the infant.

3. *Reduce the incidence of Sudden Infant Death Syndrome, Respiratory Distress Syndrome (Hyaline Membrane Disease), and the transmission of H.I.V. to the newborn.*

It is predicted that doing all of the above would reduce the infant mortality from 21.5 per 1,000 live births to 10 per 1,000. This is close to the record in Scandinavia which is based on access to care.

--Melchijah Spragins, M.D.

ADVICE ON "LAST CHOICES"

Thomas Crawford (our Medical Director), Jack Schwartz (Counsel to the Attorney General of Maryland), and Karen James (our Director of Social Work) spoke to an almost full auditorium on April 24.

The occasion for the program was the introduction, by the Residents' Last Choices Committee working with Health Care and Social Services staff, of a new form for indicating a Resident's Health Care Instructions, and optionally the appointment of a Health Care Agent who can express the person's wishes when he or she is unable to do so.

The form is simpler than previous ones. For instance, it is now possible, with a single check mark, to say: "If I should suffer conditions from which there is no expectation of recovery--conditions such as intractable pain, total physical dependence, or a persistent coma--I desire to receive only comfort care and no active treatment, so that I may die as naturally and painlessly as possible.

Well over 90% of Broadmead Residents now have advance directives of this sort. They are also strongly recommended, though not required, by the Administration; and, as Jack Schwartz made clear, these directives are now supported by state law.

Those who already have a similar documents do not need to fill out the form, but are urged to look again at what they have, to find whether any changes such as new phone numbers are needed.

Dr. Crawford expressed his strong preference for indicating desired outcomes (e.g., dying as naturally and painlessly as possible) rather than being specific about the treatments you want or don't want. The doctors know better how to reach the ends you indicate.

By all means talk frankly about it with your doctor--and your family.

Since the first person you name as your agent may not be available when needed, it is wise to name at least two,

including one who is a resident of Broadmead.

A sheet entitled "Guidelines" is available. The forms themselves are available in the Outpatient waiting room, at the reception desk, and in Pat Rodak's office. When your form is ready and witnessed (any two residents can serve as witnesses) take it to the Admissions Office. For further information, consult any member of the Last Choices Committee (Winifred Kinn is chair), or to Karen James.

--Ralph White

FRESH FRUITS AND VEGETABLES for Broadmead Residents

by Jane K. Larmore, Chairman
Food Service Committee

One of our new Residents, Herbert Hoopes (L-9) is a welcome addition to our community in more ways than one. Herbert has very kindly agreed to bring fresh produce to Broadmead from his family farm in Harford County, between mid-June and October--if there is enough demand.

In June there will be raspberries, blackberries, sweet and sour cherries, and perhaps some strawberries. Later in the summer there will be peaches, corn, tomatoes, canteloupes, and watermelons. In the fall, Herbert will have apples, pumpkins, and some vegetables such as broccoli and cauliflower.

Herbert will park his car by the fire lane at the crossover between Clusters R/Q and J each Monday and Thursday from 11:30 to 12:30. Weekly bulletin board notices will announce the following week's specials. Please walk or travel by Amigo--no room

for autos.

- * Bring your own bags
- * Bring cash in small denominations
- * Do not phone for information or to place an order

APARTMENT CHANGES

Gwendolen Futch	T-307 to Hallowell
Grace Lindeman	K-17 to S-210



WHAT IS SO RARE?

"Blossom by blossom the spring begins" and day by day advances to yellow lady-slippers on the Ridge Path, columbines at the Focal Point, and jack-in-the-pulpits on the lower paths. Despite rain delay and cloudy skies, Trail Day showed Staff, Residents, and the trails themselves at their wonderful best. Those dogwood trees with their enameled blooms, those mayapples half-concealing their open flowers, those walkers full of spirit and good fellowship combined to make a memorable occasion.

It was heartening to see the maps and lists we made put to use. Hold on to them. The numbers and letters will stay up through fall. Even when distinguishing flowers droop and leaves change colors and drop, you will still be able to identify trees

and shrubs. The trails, of course, will also still be there to walk, cool and shady in the summer, sheltered from winds in all seasons. It was likewise good to see the summerhouse in use and people coming and going on all the paths.

Now, suddenly, it's June. Our attention turns to field flowers and gardens. Look for buttercups in the grass and just-starting evening primroses on the edge of the woods. There will be wild roses and berry blossoms on the hillsides as you walk the Perimeter Road and daisies on the border of the Wetlands. Take in the Rose Garden with its "red, red rose that's newly sprung in June" (and other colors, too). Watch the results from Beautification Day and our combined effort at brightening public spaces.

When the "year's at the spring . . . all's right with the world."



--Sarah Cooper

VOICE of the RESIDENTS
Volume XVI, No. 10
June, 1995

Published monthly,
September through June, by the
Broadmead Residents Association,
Lloyd Tyler, *President*

Harry S. Scott, Jr., *Editor*

Contributors to this issue:

Melissa Bartko, Sarah Cooper,
Vivian Cord, Julia Fuller, Nancy
Grant, Harry Jones, Jane Larmore,
Julie Metcalf, Marjorie Scott,
Augusta Shackford, Mel Spragins,
Virginia Tinley, Ralph White,
Dee Whiteford.

Photos: Lehman Guyton



Broadmead

13801 York Road
Cockeysville, MD 21030

Non-profit Org.
U. S. Postage
PAID
Cockeysville, MD
Permit No. 5



A Commitment to Excellence



Address Correction Requested